

Karen J. Bailey

WORK EXPERIENCE:

- November 2002-
Present Owner, Licensed Physical Therapist
Optimal Performance Physical Therapy, LLC
Scarborough, Maine 04074
Outpatient orthopedic and neurological clients, manual therapy, sports
medicine, industrial rehab, and neuromuscular dysfunction
- May 1993 –
November 2002 Licensed Physical Therapist
Southern Maine Medical Center
Biddeford, Maine 04005
Outpatient orthopedics (geriatrics/pediatrics), industrial rehab, sports medicine,
manual therapy, neuromuscular dysfunction, acute care inpatient, aquatic
therapy, and wound care.

EDUCATION:

- April 2016 New England School of Homeopathy Training Program
2 year course completed
- November 2013 Approved Kinetic Chain Release (KCR)
- October 2011 Bachelor of Metaphysical Science, (B.Msc.)
University of Sedona
Sedona, AZ 86336
- November 2007 Doctorate of Naturopathic Ministry (DNM)
Trinity College of Natural Health
Warsaw, Indiana 46580
- May 1993 Bachelor of Science (BS)
University of New England
Biddeford, Maine 04005
Major: Physical Therapy - GPA: 3.4

PROFESSIONAL CERTIFICATIONS:

- April 2016 Certificate of Completion 2-year Homeopathy
Training Program with Dr. Paul Herscu, ND,MPH, and
Dr. Amy Rothenberg, ND of New School of Homeopathy
- October 2014 Approved Kinetic Chain Release Practitioner
Hugh Gilbert, PT
- October 2011 Ordained Metaphysical Minister / Metaphysical Practitioner

| | |
|---------------------------------|---|
| October 2008 | Completion of 2-year Shamanic Healing Training Program with C. Allie Knowlton, MSW, LCSW, DCSW, Psychotherapist, Teacher of Shamanism and Shamanic Healer & Evelyn C. Rysdyk, Teacher of Shamanism, Shamanic Healer, Sacred Artist and author of Modern Shamanic Living of Spirit Passages. |
| May 2008 | Certified Nutritional Consultant (CNC) The American Association of Nutritional Consultants Professional Member |
| July 2006 | Certified Natural Health Professional (CNHP) |
| July 2006 | Integrated Manual Therapy Certification (IMTC) Connecticut School of Integrated Manual Therapy |
| May 2006 | Holistic Health Counselor Certification-ASAT C.O.R.E |
| February 2006 | Reiki Master Certification (RM) |
| October 2005 | Certification as a Health Specialist (CHS) Trinity College of Natural Health Warsaw, Indiana 46580 |
| November 1997- December 2019 | NATABOC – Athletic Trainer Certified (ATC) |

CONTINUING EDUCATION:

| | |
|---------------|--|
| June 2018 | Metaphysics I and II with Paul Hasselbeck Unity Worldwide Spiritual Institute |
| June 2018 | The Twelve Powers Unity Worldwide Spiritual Institute |
| May 2018 | Meditation Practices Unity Worldwide Spiritual Institute |
| May 2018 | Foundations of Unity Unity Worldwide Spiritual Institute |
| March 2018 | 7 Life Lessons Dr. Mark W. Tong, Spiritual Teacher & Healer |
| November 2014 | Chemistry of Essential Oils – C.A.R.E. Applied VitaFlex – C.A.R.E. Raindrop Technique I & II – C.A.R.E. Healing Oils of the Bible – C.A.R.E. Emotional Release with Essential Oils – C.A.R.E. (Center for Aromatherapy Research and Education)-C.A.R.E. |

| | |
|----------------|---|
| August 2014 | Concussion Management from an IMT Perspective - CSIMT |
| May 2014 | Fundamentals & Advanced Kinesio Taping (KT1 &KT2) |
| November 2013 | Kinetic Chain Release II – Hugh Gilbert, PT |
| October 2013 | Postural Energetics - Jane Wardlaw |
| October 2013 | Kinetic Chain Release – Hugh Gilbert, PT |
| August 2012 | Health Freedom Expo DVD's – CHNP Capstone |
| November 2011 | Advanced Craniosacral Techniques: The Sphenoid The Bodywork Education Project – Kate Peck |
| September 2011 | Homeopathy Level 1 – CNHP Capstone |
| May 2011 | Intro to Craniosacral Part 2: Cranium Intro to Craniosacral Part 1: Back and Neck The Bodywork Education Project – Kate Peck |
| March 2011 | Selective Functional Movement Assessment (SMFA) |
| March 2011 | Perform Better Functional Training Series |
| October 2010 | Muscle Testing and Consultations – CNHP Capstone Thomas Anstett, ND |
| April 2010 | Emotional Release with Essential Oils- C.A.R.E Essential Oil Chemistry - C.A.R.E Raindrop I & II - C.A.R.E Applied VitaFlex - C.A.R.E Healing Oils of the Bible - C.A.R.E (Center for Aromatherapy Research and Education) - C.A.R.E |
| October 2008 | The Conference for Women - Skill Path Seminars |
| October 2008 | Symptoms A to Z – CNHP Captstone |
| October 2008 | Part 8 of 8 Shamanic Healing Apprenticeship – Spirit Passages |
| September 2008 | Part 7 of 8 Shamanic Healing Apprenticeship-Spirit Passages |
| July 2008 | Ultimate Supervisor's Workshop-National Seminars Group of Rockhurst University Continuing Education Center |
| June-July 2008 | Professional Coaching Certificate Program-USM Continuing Ed. |
| June 2008 | Part 6 of 8 Shamanic Healing Apprenticeship-Spirit Passages |
| May 2008 | Part 5 of 8 Shamanic Healing Apprenticeship-Spirit Passages |

| | |
|----------------|--|
| April 2008 | The Emerging Therapeutic Target - Dr. Jeffrey Bland |
| November 2007 | Biologic Analogs for Circulation Mobilization – Center IMT |
| October 2007 | Face, Tongue and Nail Analysis-CNHP Capstone Thomas Anstett, ND |
| October 2007 | Part 4 of 8 Shamanic Healing Apprenticeship-Spirit Passages |
| September 2007 | Allergies and Related Disorders-IMT /DCR |
| September 2007 | Part 3 of 8 Shamanic Healing Apprenticeship-Spirit Passages |
| August 2007 | The Chemistry of Man-Trinity College of Natural Health |
| July 2007 | Gluten Sensitivity and Biologic Related Disorders- Center IMT |
| June 2007 | Part 2 of 8 Shamanic Healing Apprenticeship-Spirit Passages |
| May 2007 | Part 1 of 8 Shamanic Healing Apprenticeship-Spirit Passages |
| December 2006 | Energy Medicine Band-Aids |
| December 2006 | Dried Blood Cell Analysis-Trinity College of Natural Health Orthomolecular Nutrition-Trinity College of Natural Health Diet and Nutrition-Trinity College of Natural Health |
| November 2006 | Energy Medicine - Part 5: Reshaping Family Patterns - TYLEM |
| October 2006 | Bach Flower Remedies-Trinity College of Natural Health Aromatherapy-Trinity College of Natural Health The Healing Mind-Trinity College of Natural Health Complete Encyclopedia of Natural Health-Trinity College of Natural Health Botanical Preparations- Trinity College of Natural Health |
| September 2006 | Natural Health Clinical Applications Center Of Hope Training Junction |
| August 2006 | Iridology-Trinity College of Natural Health: Plant Herbology-Trinity College of Natural Health Cancer Battle Plan-Trinity College of Natural Health |
| July 2006 | Nutrition-CNHP Body Systems-CNHP Body Work-CNHP Iridology-CNHP Practicum-CNHP |
| May 2006 | ASAT C.O.R.E. Counseling |
| April 2006 | Understanding the Origin and Applying Advanced Nutritional Strategies for Autoimmune Diseases by Metagenics Presenter: Jeffrey Bland, Ph.D |

| | |
|----------------|--|
| April 2006 | Integrated Energy Therapy – Advanced Level |
| March 2006 | Integrated Energy Therapy for Pets |
| February 2006 | The Ultimate Healing System-Trinity College of Natural Health Naturopathy for the 21 st Century-Trinity College of Natural Health |
| February 2006 | Reiki Master/Teacher Degree |
| February 2006 | Integrated Energy Therapy – Intermediate Level |
| February 2006 | Cranial Therapy Series: Part 3 – IMT / DCR Cranial Therapy Series: Part 4 – IMT / DCR |
| January 2006 | Acupressure Techniques-Trinity College of Natural Health Reflexology-Trinity College of Natural Health Homeopathic Medicine-Trinity College of Natural Health Integrated Energy Therapy – Basic Level |
| December 2005 | Reiki Practitioner – First & Second Degree |
| December 2005 | Osseous Bridging – IMT / DCR |
| October 2005 | Enzyme Health-Trinity College of Natural Health Health and Wellness-Trinity College of Natural Health Nutritional Herbology-Trinity College of Natural Health Natural Therapies: Diet & Nutrition - Trinity College of Natural Health Natural Therapies: Herbal Medicine & Homeopathy – Trinity College of Natural Health |
| September 2005 | Prescription for Nutritional Healing-Trinity College of Natural Health Know Your Body-Trinity College of Natural Health |
| September 2005 | Energy Medicine –Part 4: Changing Relationships - TYLEM |
| June 2005 | Energy Medicine – Part 3: Changing Limiting Beliefs - TYLEM |
| June 2005 | Manual Therapy Solution for Bone Bruise, Osteomalasia & Osteoporosis IMT / DCR |
| May 2005 | Coding & Billing for Therapy & Rehab Tapas Acupressure Technique |
| March 2005 | Physical Functional Medicine - IMT / DCR |
| February 2005 | Energy Medicine – Part 6: Clearing Meridians, Organs & Body Systems - TYLEM |
| January 2005 | Energy Medicine – Part 2: Identifying and Healing Wound - TYLEM Energy Medicine – Part 1: Clearing the Internal Self - TYLEM |
| December 2004 | IMT for Autonomic Nervous System – IMT / DCR |

| | |
|----------------|---|
| October 2004 | Treatment of Limbic Reaction Response – IMT / DCR Integrative Diagnostics: Applied Psychosynthesis – IMT / DCR |
| October 2004 | Emotional Freedom Techniques |
| September 2004 | Type III Dysfunction of the Spine & Ext. Joint w/MET – IMT / DCR Upper & Lower Extremity Compression Syndromes – IMT / DCR Cranial Therapy Series: Part 2 – IMT / DCR |
| August 2004 | Homeopathy & Homotoxicology Seminar IMT HEEL: Anti-Aging IMT for Diabetes - IMT / DCR Fascial Strands: Concepts of Tensegrity for Structural Integrity - IMT / DCR |
| July 2004 | Pediatric Solutions: A Manual Therapy Approach – IMT / DCR |
| June 2004 | Integrative Manual Therapy for Detoxification IMT Respiratory Rehabilitation w/Integrative Manual Therapy |
| May 2004 | Cardiac Habilitation – Level Two – IMT / DCR |
| April 2004 | Anger Management & Co – Dependency – IMT / DCR |
| March 2004 | Prevention & Treatment for Cardiac Rehabilitation – IMT / DCR |
| February 2004 | Cranial Therapy Series: Part 1 – IMT / DCR |
| January 2004 | Muscle Energy & Beyond Tech w/Mobility Templates – IMT / DCR |
| December 2003 | Integrative Diagnostics, Advanced Level One and Two – IMT / DCR |
| November 2003 | Neck, Thoracic Outlet, Shoulder & Upper Quad – IMT / DCR |
| September 2003 | Diaphragm Compression Syndromes - IMT/DCR |
| August 2003 | Lymph System, Level One – IMT / DCR |
| May 2003 | Neural Tissue Tension IMT / DCR |
| October 2002 | Strain Counterstrain/Advanced Strain Counterstrain – IMT / DCR |
| September 2002 | Visceral Mobilization with Muscle Energy and “Beyond” – IMT / DCR |
| July 2002 | Diaphragm Compression Syndromes – Lower Extremities – IMT / DCR |
| June 2002 | Muscle Energy and Beyond: The Sacrum - IMT / DCR |
| May 2002 | Type III Dysfunction of the Spine and Extremity Joints with Bone Bruises IMT / DCR |
| November 2001 | Integrated Manual Therapy for Treatment of Women’s & Men’s Health Issues IMT / DCR |
| August 2001 | Impact Training-for Concussions |

| | |
|----------------|---|
| Summer 2001 | Sports Psychology Seminar |
| October 2000 | Myofascial Release Technique with Myofascial Mapping – IMT / DCR |
| February 2000 | On Ice Spine Injuries – Management and Transport |
| February 1999 | Effective Management of Ankle Dysfunction |
| October 1998 | Muscle Energy and Beyond; Pelvis, Sacrum, and Spine Integrative Manual Therapy (IMT) / Dialogues in Contemporary Rehab (DCR) |
| July 1997 | E.P.I.C. Lift Capacity Certified Evaluator |
| June 1997 | NATA Athletic Training Conference |
| November 1996 | Joyner Sportsmedicine National Conference |
| November 1996 | Objective Measurement of Soft Tissue Injury: The EPIC LIFT Instructor: Leonard N. Matheson, PhD |
| September 1996 | The Maine Health and Safety Council Conference |
| August 1996 | Maine Employer’s Mutual Insurance Company Workshop |
| March 1996 | Therapist Medicare Report |
| April 1995 | The Adult and Geriatric Shoulder |

CAREER RELATED EXPERIENCE:

| | |
|-------------------------|---|
| 1997 – 2004 | Certified Athletic Trainer (volunteer) Portland High School Portland, Maine Athletic trainer covering the practices and games for varsity football, soccer, field hockey, basketball, track, wrestling, ice hockey, softball, and baseball. On/off field evaluations and rehabilitation of athletes. |
| Fall 1993 – Spring 1995 | Student Athletic Trainer St. Joseph’s College Standish, Maine Student athletic trainer covering the practices and games for varsity sports including volleyball, soccer, basketball, softball, and baseball. Also overseeing rehabilitation of injured athletes. |
| Summer 1994 | Assistant Athletic Trainer Maine Sabers Semi-Professional Football Team Old Orchard Beach, Maine Assisted with the coverage of games, practices, and treatments. |

CPR CERTIFICATION:

December 1994 – Present American Heart Association Adult, Child, and Infant CPR

OTHER WORK EXPERIENCE:

2013 – present Volunteer Assistant Softball Coach
University of New England
Biddeford, Maine
Primary responsibility is working with the pitchers and catchers.

1998 – 2005 Unlimited Softball Academy
Portland, Maine
Owner/Operator performing duties including business finances, purchasing equipment, instructing and educating female athletes (ages 9 – 22), coaches, and parents on the fundamentals of softball and windmill pitching.

September 1995 – 1998 Head Softball Coach
University of New England
Biddeford, Maine
Head coach performing duties including budgeting, fund raising, scheduling, practice/game organization, and education on proper softball mechanics to females ages 8 – 22.

REFERENCES:

Available Upon Request